



STATE OF TEXAS
OFFICE OF THE GOVERNOR

An active lifestyle promotes confidence and high self-esteem, and also reduces anxiety and stress. Research has shown that physical activity is crucial in reducing the risk of suffering from heart disease, type 2 diabetes, weight gain, hypertension, and certain forms of cancer.

The benefits of exercise do not stop with improved physical health. Staying physically fit and active fosters qualities that serve us well, such as dedication, motivation, and discipline, and often improves mental health, which leads to an overall higher quality of life for many Texans.

Each May, a day is dedicated to recognizing the importance of fitness in Texans of all ages. This initiative promotes physical health and spreads awareness about the many benefits that physical fitness provides throughout our state.

At this time, I encourage all Texans to join me in recognizing the importance of an active lifestyle to the future of our state. By remaining committed to our personal fitness, we can ensure the health and well-being of the Lone Star State.


Therefore, I, Greg Abbott, Governor of Texas, do hereby proclaim
May 7, 2022 to be

Fitness Day



in Texas and urge the appropriate
recognition whereof.

In official recognition whereof,
I hereby affix my signature this the
5th day of May, 2022.


Governor of Texas